

Strawberry Pecan Cake

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 package white cake mix
1 package strawberry jello
1 cup vegetable oil
1/2 cup milk
4 large eggs
1 cup mashed frozen or fresh strawberries with the juice
1 cup frozen or canned unsweetened grated coconut
1 cup pecans, chopped
FROSTING
1 1/2 sticks margarine
1 1/2 boxes confectioner's sugar
3/4 cup strawberries, drained
3/4 cup coconut
3/4 cup pecans

Preheat the oven to 350 degrees.

In a large mixing bowl, place the cake mix, jello, strawberries, oil and milk. Blend with an electric mixer on low speed. Add the eggs, one at a time, and blend for 1 minute. Scrape down the sides of the bowl. Increase the mixer speed to medium and beat for 2 minutes. Fold in the coconut and pecans. Pour the batter into three cake pans.

Bake for 30 to 35 minutes.

Cool completely and frost.

For the frosting: In a saucepan, melt the margarine over low heat. Let cool. Blend in the sugar at medium speed on the mixer. Add the strawberries, coconut and pecans. Blend on low speed. (If the frosting is a little thin, add more coconut.)

Keep the cake refrigerated.

Per Serving (excluding unknown items): 7215 Calories; 566g Fat (68.9% calories from fat); 63g Protein; 511g Carbohydrate; 23g Dietary Fiber; 865mg Cholesterol; 4332mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 109 1/2 Fat; 30 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	7215	Vitamin B6 (mg):	.8mg
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% Calories from Fat:	68.9%
% Calories from Carbohydrates:	27.7%
% Calories from Protein:	3.4%
Total Fat (g):	566g
Saturated Fat (g):	92g
Monounsaturated Fat (g):	301g
Polyunsaturated Fat (g):	137g
Cholesterol (mg):	865mg
Carbohydrate (g):	511g
Dietary Fiber (g):	23g
Protein (g):	63g
Sodium (mg):	4332mg
Potassium (mg):	1902mg
Calcium (mg):	1066mg
Iron (mg):	14mg
Zinc (mg):	15mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	7432IU
Vitamin A (r.e.):	1705RE

Vitamin B12 (mcg):	3.8mcg
Thiamin B1 (mg):	2.7mg
Riboflavin B2 (mg):	2.2mg
Folacin (mcg):	366mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	1/2
Fat:	109 1/2
Other Carbohydrates:	30 1/2

Nutrition Facts

Amount Per Serving

Calories 7215 Calories from Fat: 4971

% Daily Values*

Total Fat	566g	870%
Saturated Fat	92g	458%
Cholesterol	865mg	288%
Sodium	4332mg	180%
Total Carbohydrates	511g	170%
Dietary Fiber	23g	92%
Protein	63g	
Vitamin A		149%
Vitamin C		14%
Calcium		107%
Iron		79%

* Percent Daily Values are based on a 2000 calorie diet.